



825190 - Squash Bake

Source: Farm to School

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Squash Casserole

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011468 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,B... 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	6 LBS (fresh , AP) 2 CUPS (fresh, sliced)	Preheat oven to 325°F. Weigh squash, then rinse under running water. Use a vegetable brush to remove debris and drain in a colander. Using a chef's knife, remove stem end. Remove blossom end if necessary. Slice into ¼ inch rounds using chef's knife or vegetable processor. Weigh about 9 ounces of AP fresh onions, then clean and rinse under running water. Drain in a colander. Using a chef's knife, slice onions in half, place cut side against cutting board and slice into ¼ inch half-moon shaped slices. Place 5 pounds 13 oz. of squash and 2 cups of sliced onions into each 2 inch perforated steamtable pan. Steam until vegetables are cooked completely, but not mushy.
011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 825112 Soup, Cream of Chicken, Canned,Campbell..... 826662 Stuffing Mix, Herb Uncle Ben's 10136537..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh..... 011943 PIMENTO,CANNED..... 002030 PEPPER,BLACK.....	6 OZS (raw, shredded) 1 lb + 14 ozs 3 CUPS (dry) 8 ozs 1/2 cup 1/4 TSP (ground)	Combine each pan of steamed vegetables with carrots, soup, stuffing mix, cheese, drained diced pimentos, and pepper. Mix well.

		<p>Spray 2 inch deep steamtable pan with pan release. Add vegetable mixture to pan and bake for 30 minutes until golden brown. Serve 1/2 cup using number 8 disher or 4 ounce spoodle.</p> <p>CCP: Heat to 135° F or higher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	106 kcal	Cholesterol	8 mg	Sugars	4.7 g	Calcium	*24.07* mg	27.97%	Calories from Total Fat
Total Fat	3.29 g	Sodium	355 mg	Protein	4.99 g	Iron	*0.79* mg	15.11%	Calories from Saturated Fat
Saturated Fat	1.78 g	Carbohydrates	14.70 g	Vitamin A	*2200.9* IU	Water ¹	*102.55* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.92 g	Vitamin C	*14.5* mg	Ash ¹	*0.58* g	55.46%	Calories from Carbohydrates
								18.81%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							